



**"WE Garden in Capitol Park" was made possible
through the collaboration of the following partners:**

California's First Lady, Maria Shriver
Western Growers
California School Garden Network
California Department of Food and Agriculture
California Department of General Services
California Foundation for Agriculture in the Classroom
Partners at the California State Capitol

To learn more about Maria Shriver's WE Garden program,
visit www.firstlady.ca.gov





“One of the first things I did as California’s First Lady was to visit Alice Water’s Edible School Yard in Berkeley to see first-hand what it was all about. I remember the cool crisp air, the fresh smells, but more importantly, I remember the look of joy on the faces of the children after they worked hard in their garden. Over the years, I have seen how gardens have positively transformed students, schools and communities. Gardens are a wonderful resource, and I truly believe in the life lessons they teach and the lives they touch -- and that every school and community should have one. I am so proud that today in the Great State of California, WE Garden in Capitol Park!”

Maria Shriver, California's First Lady



“WE Garden in Capitol Park” will serve as a way to educate and inspire Californians about the important lessons gardens teach students, children and people of all ages -- lessons rooted in nutrition, healthy living, agriculture, the environment, science, history and service.

California is a state rich in agricultural history. For the past 50 years, it has been the largest agricultural state in the nation, producing over half of the domestically grown fruits, vegetables and nuts in the United States.

Sacramento was decided upon as the home of the State's Capitol in 1854 by the legislature. For many years, the surrounding land was used primarily for agriculture. From 1860-1874, the State Capitol Park land was purchased and leased out for farming.

In 1906, the Insectory Building was built in Capitol Park with the intent to breed beneficial insects. Later in 1928, green-houses were established around the Insectory to grow annual plants.

Today through the creation of “WE Garden in Capitol Park,” visitors, students and the community can experience the abundant agricultural history of our state and the role it plays today in feeding America and the world.



Capitol Park, 1906

MARIA'S 10 TIPS

Life Lessons of a Garden

1) Grow it : Gardens provide our children with the opportunity to see something flourish because they cared for it, to get their hands dirty from their own hard work, and have a sense of pride and personal achievement that comes from nurturing a plant through every stage of development.

2) Know it : A school garden is a perfect tool to provide hands-on learning experiences for key academic subjects and serve as a laboratory to introduce students to scientific methods through plant-related experiments. Additionally, gardens provide a place to study weather, insects, soil and other environmental topics and provides real-life experiences that contribute greatly to students' comprehension and retention of new science knowledge, a fact supported by studies.

3) Cook it : It is more important than ever for children to understand where food comes from so that they are empowered to make nutritious decisions. The experience of growing fresh fruits and vegetables from a garden to cooking with it enables children to appreciate and enjoy a healthy meal.

4) Get it : These are challenging times for families across the country who are struggling to make ends meet and provide food on the table. What's worse is that people are turning to inexpensive alternatives for meals that are unhealthy and lacking in nutrition. Californians need to know that healthy food options are available for their families through programs such as the Golden State Advantage Card, Women, Infants and Children, California Food Banks, the Senior Farmer's Market Nutrition Program vouchers and more.

5) Give it : Giving back to families in need is such an important first step that will truly touch and change lives. Give food to your local food bank, volunteer at a Meals on Wheels program and work with your school to start a school

garden so children can learn the important life lessons a garden will instill in their lives.

6) Live it : Planting a garden and maintaining it promotes being active and a healthy life style. Engaging children in gardening early on inspires them to live active lives and gives them a better understanding of the food they eat.

7) Serve it : Giving your time is the greatest gift we can give to our community and to others. Volunteering and serving in a school or community garden is a great way to give back and make a difference.

8) Green it : Many lessons on the environment can be taught through a garden, from how to grow edible, sustainable landscapes, to composting and the soil... teaching children how to cultivate a richer world. Gardens shine a light on California as a vast agricultural state, known around the world for our incredible produce. Working in gardens enables us to learn about our state, appreciate its history and contribute to its continued success.

9) Conserve it : An irrigation system of a garden is so important to the sustainability and maintenance of a garden, especially when faced with water shortage. Teaching children a smart way to water will stay with them for life and teach them to value our natural resources.

10) Pass it on : Tell others what a positive experience it is to eat food you've grown yourself, the sense of accomplishment you feel and encourage others to do the same. Every school and community in California should experience what it means to have a garden. Pass it on... and watch it grow!

Visit www.firstlady.ca.gov to download 10 Lesson Plans for your school, developed by the California Foundation for Agriculture in the Classroom.